[0127] **FIG. 6A-6D** contains images of a completely cooked pancake. **FIG. 6C** indicates that all the batter has gelatinized due to the presence of a substantially translucent image. There is no visual indication of any ungelatinized batter in **FIG. 6A, 6B** or **6D**.

[0128] Although the present invention has been described with reference to preferred embodiments, workers skilled in the art will recognize that changes may be made in form and detail without departing from the spirit and scope of the invention.

What is claimed is:

1. A filled food product comprising a food structure and a filling, wherein the filling is encased within the food structure, the food structure comprising cooked, hydrated flour and a moisture content between about 20 percent by weight and about 60 percent by weight.

2. The filled food product of claim 1, wherein the moisture content is between about 25 percent by weight and about 55 percent by weight.

3. The filled food product of claim 1, wherein the food structure comprises at least about 20 percent by weight of flour.

4. The filled food product of claim 1, wherein the food product has a continuous spongy structure.

5. The filled food product of claim 1, wherein the food product is a filled pancake.

6. The filled food product of claim 5, wherein the diameter of the pancake is between about 2 to about 5 inches.

7. The filled food product of claim 5, wherein the diameter of the pancake is between about 3.0 inches to about 4.0 inches.

8. The filled food product of claim 5, wherein the thickness of the pancake is between about 8 millimeters to about 20 millimeters.

9. The filled food product of claim 5, wherein the thickness of the pancake is between about 10 millimeters to about 15 millimeters.

10. The filled food product of claim 1, wherein the filling comprises fruit.

11. The filled food product of claim 1, wherein the filling is selected from a group consisting of apple filling, strawberry filling, raspberry filling, blueberry filling, pineapple filling, whipped maple syrup and mixtures thereof.

12. A method of making a filled food product comprising:

combining two food components with at least one food component having an ungelatinized top layer wherein the ungelatinized top layer interacts with the other food component after combining, one of the food components comprising a filling; and

bonding the two combined food components to encase the filling within the bonded structure.

13. The method of claim 12, wherein the two food components have ungelatinized top layers and the two ungelatinized top layers interact after combining.

14. The method of claim 12, wherein the food components are partially cooked pancake components and the food product is a filled pancake.

15. The method of claim 12, wherein the bonding is done by further heating.

16. The method of claim 12, wherein the food component without the filling is placed on top of the food component with the filling.

17. The method of claim 12, wherein the food component with the filling is placed on top of the food component without the filling.

18. The method of claim 12, wherein both of the food components have a filling.

19. The method of claim 12, wherein the filling is deposited when the center of the food component is structurally set to hold the filling.

20. The method of claim 12, wherein the filling is deposited when edges of the top surface of the food component are between about 130° F. and about 145° F.

21. The method of claim 12, wherein about a quarter of the batter is gelatinized when the two food components are combined.

22. The method of claim 14, wherein the diameters of the pancake components are between about 2 inches and about 5 inches.

23. The method of claim 14, wherein the diameters of the pancake components are between about 3.0 inches and about 4.0 inches.

24. The method of claim 14, wherein the thickness of the filled pancake is between about 8 millimeters and about 20 millimeters.

25. The method of claim 14, wherein the thickness of the filled pancake is between about 10 millimeters and about 15 millimeters.

26. The method of claim 14, wherein the viscosity of the batter used to make the pancake components is between about 20,000 centipoise and about 1000 centipoise at 20 rpm.

27. The method of claim 14, wherein the viscosity of the batter used to make the pancake components is between about 500 centipoise and about 16,000 centipoise at 20 rpm.

28. A method of making a filled food product comprising:

depositing a filling within a partially cooked food composition; and

heating the food composition further to produce the filled food product.

29. The method of claim 28, wherein the food composition includes a sufficient spongy structure to retain the filling.

30. The method of claim 28, wherein the food product has a moisture content of at least 20 percent by weight.

31. The method of claim 28, wherein the partially cooked food composition with the filling is combined with another partially cooked food composition prior to further heating.

32. The method of claim 28, wherein the filling is injected.

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